

Rebuilding Seminar Registration Form

To register, complete this form and return it with a \$35 non-refundable deposit to:

Rebuilding Seminars
3192 Breeze Dr.
Sun Prairie, WI 53590
(Make checks payable to Rebuilding)

Name

Home Address

City, State, Zip

Home Phone

Work Phone

Cell Phone

Email Address

Cycle: Fall Spring
 Winter Summer

Please check one: Male Female

Early Bird Fee \$250
(Postmarked two weeks prior to Opening Night)

Regular Fee \$275

Class size is limited.

Rebuilding Classes for 2011-2012

<http://www.rebuildersmadison.com/>
rebuildersofmadison@gmail.com
Twitter: @RebuildersofWI

Rebuilding Classes for 2011-2012

REBUILDING
Divorce and Personal Growth Seminars
3192 Breeze Dr. Sun Prairie, WI 53590

Recent class participants remarks:

"this class has allowed me to laugh again and be hopeful"
"I learned more out of this class than I did with 30 years of life"
"this class has helped me to learn to trust again"
"I made a wonderful new group of friends"
"I found this program far superior to my church support group"

Our 32nd Year In **REBUILDING** When Your Love Relationship Ends



September 12, 2011
January 9, 2012
March 19, 2012
June 4, 2012

Instructors:

Helen Feaster: A.A.S.
Sue Gruen: MSSW, LCSW

Divorce and Personal
Growth Seminars

<http://www.rebuildersmadison.com/>

Attend a FREE 90-Minute Lecture on the Rebuilding Program at 6:30 p.m. on:

September 12, 2011

January 9, 2012

March 19, 2012

June 4, 2012

Please call or E-mail for location:

Helen Feaster

Phone: (608) 837-4578

E-mail: rebuildersofmadison@gmail.com



Seminar Outline

Week	Topics
1	Rebuilding blocks of breakups
2	Analysis of relationships
3	Grieving your losses
4	Anger
5	Leftovers from the past
6	Improving your self-esteem
7	The masks we hide behind
8	Learning to love again
9	Relationships and friends
10	Healthy sexuality and dating

Instructors:

Helen Feaster, A.A.S.: Helen has taught pre-marriage classes, as well as classes on blended families and relationships for the past 28 years.

Sue Gruen, MSSW, LCSW: Sue is a Licensed Professional Counselor at the Samaritan Counseling Center, who has professionally taught marriage and divorce classes. She does individual, couple, and family counseling.

For more information, contact:

Helen Feaster (608) 837-4578

E-mail: rebuildersofmadison@gmail.com

Fees:

The seminar tuition fee is \$275 with an Early Bird discount of \$25 for those registered two weeks in advance. **Payment plans are available.**

Included in the fee are:

- 30 seminar hours
- Additional class materials
- Fisher Divorce Adjustment Scale (pre-test and post-test)
- **Insurance is not accepted**
- Textbook is \$18 extra
- Workbook \$20 extra

About the Seminar

This seminar is based on Dr. Bruce Fisher's model developed in Boulder, Colorado and has been offered nationwide. We have held 200 classes with 4000 participants in the Madison area since 1981.

Dr. Fisher created a 10-week course, which he found hastens the adjustment period to the breakup of a love relationship. His model is one of education and group support with a measured growth rate for each participant. Classes meet for three hours, one evening a week, for 10 weeks and are open to both men and women, whether ending a marriage or love relationship.

What you will Gain

- A. An understanding of the process by which one adjusts to the end of a love relationship
- B. Explanation of the emotional aspects of this process, including grief, guilt, anger, rejection and loneliness.
- C. Building a support system of new friends
- D. Direct personal feedback of your own breakup adjustment process
- E. The ability to identify issues that may be worked on in counseling
- F. Access to Rebuilders Singles Network